

Risk Assessment - High Ropes

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Date: 28th May 2018

Previous RA – 23/05/17 - Ollie Ryall

The purpose of this risk assessment is to help identify hazards associated with this activity and to evaluate the risks to determine what measures should be taken to protect the health and safety of guests, Adventure Ardeche staff and members of the public.

Location: Accro-Parc “Mas De L’Ayre”. Col du Mas Du L’Ayre, Route de Villefort, 07140, Les Vans.

Tel: 0033 (0) 681 92 13 12

<http://www.accro-parc.fr>

Description of Activity

The Accro-Parc consists of 8 individual courses of varying difficulty, involving various elements (wire bridges / swings / zip wires / cargo nets) situated in trees up to a maximum height of 20m.

Safety is provided by the use of PPE provided by the course owners (harnesses / CLiC-iT safety system* /gloves), as well as helmets provided by Adventure Ardeche.

The lead instructor for the session must have carried out in house training and assessment and be signed off to lead the session by senior member of AA Staff. All assistants to be trained and assessed to carry out at least simple rescue techniques.

The site is located at 846m above sea level and as such can experience different weather conditions from the surrounding lower area.

Mobile phone coverage throughout the site is good and adequate parking exists around 100m away from site. Guests do not need to walk on roads to reach the site.

The operating company have set an upper weight limit of 110kg on all courses. In addition to this they insist on no more than 2 people allowed on a platform at the same time and 1 person on an element (between platforms).

In addition to this they have asked that guests do not hold on to the CLiC-iT safety system while on zip-wires as it causes unnecessary wear.

The site is inspected at the start of each season by an external body and copies of this inspection report are included with this document.

Instructor : student ratio not to exceed 1:12 (including visiting teachers / responsible adults).

Hazard Assessment Checklist

Nature of Hazard	Severity H / M / L	Person(s) at risk	Risk Control
<p>Remote Area</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> Distance / length of time required for outside medical assistance. Getting lost. Bites / Stings (insects / snake). 	Low	All	<ul style="list-style-type: none"> AA Staff to be First Aid qualified in case of accident. Comprehensive First Aid Kit / Mobile phone to be carried by lead instructor. AA Staff know what to do in case of accident requiring outside help. (See Adventure Ardeche Accident Protocol). AA Staff to carry Accident Protocol Info Card at all times. AA Staff to be aware of exact location in case outside help required. AA Staff to be aware of any guests existing medical conditions / allergies and to act in accordance with these. AA Staff to use all reasonable and practical ways to avoid spreading infection or contamination if administering first aid. AA Staff to give a site tour at the start of the session to point out boundaries / meeting point / toilet. Company Vehicle always at site in case guest(s) needs to be evacuated.
Heat / Cold / Extreme Weather	Low	All	<ul style="list-style-type: none"> Lead Instructor to check weather forecast in

<p>Specific Dangers:</p> <ul style="list-style-type: none"> • Hypothermia (cold / wet). • Hyperthermia (too hot). • Dehydration. • Sun burn / Sunstroke. • Lightening strike. • High Wind 			<p>advance <u>and</u> on morning of activity.</p> <ul style="list-style-type: none"> • Guests to be briefed in advance as to appropriate clothing / footwear for expected conditions. • Guest to be told to bring water bottle (1 per person) and sun protection. • AA Staff to have appropriate clothing / footwear. • AA Staff to bring group shelter / spare warm / wet weather clothing in case of poor weather and sun protection if hot. • Extra water to be provided by AA Staff and guests encouraged to regularly fill up own bottles. • In the event of high winds AA Staff to monitor situation and stop session if danger posed by falling branches or activity becoming too physically demanding. • If storms forecast / occur unexpectedly regular monitoring of situation to ensure guests and staff can be evacuated from course quickly. • All AA Staff to be aware of quickest escape routes from each course in case of evacuation.
<p>Physical Exertion / Abnormal Stress</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Guest too tired to finish course and gets stuck above ground. • Guest too scared to continue and gets stuck above ground. 	Low	All	<ul style="list-style-type: none"> • All guests and AA Staff to operate within their fitness levels. • AA Staff to assess guest's fitness levels and choose appropriate courses to avoid over exertion. Guests to inform AA Staff before starting new course. • Rest times to be built in to session if required. • AA Staff to contiguously monitor stress levels and to be able to help if required. • AA Staff to ensure guests eat and drink enough to sustain physical activity. • A minimum of 2 instructors (rescue signed off**) to be on site in case guest needs to be removed from course. With smaller groups (less than 12 people) 1 rescue signed off instructor is sufficient.
<p>Working at Heights</p> <p>Specific dangers:</p> <ul style="list-style-type: none"> • Falling from course to ground if not clipped on. • Falling onto the CLiC-iT self protection equipment while on the course. • Dropped equipment or personal belongings. • Hitting platforms at end of zip wires. • Equipment / course failure (man made and natural elements). 	Medium	All	<ul style="list-style-type: none"> • All guests to use appropriate PPE (harness / CLiC-iT self-protection system / helmet / gloves). • Guests to wear appropriate clothing and footwear (closed toe shoes / knee length shorts or trousers). • All of the above to be inspected before fitting by AA Staff and fitted correctly. • All guests to receive safety briefing / introduction to equipment used and practice techniques on 'ground level course'. • Guests to be shown and practice 'active breaking' technique using gloved hand flat on wire behind pulley. • Guests to also practice steering and arriving at platforms feet first using gloved hand flat on wire behind pulley. • Continuous monitoring by AA Staff to ensure guests continue to use best practice techniques throughout session. • Guests to wear helmets while on course and while walking between courses. Safe 'helmet-free zone' to be established. • PPE to be checked by AA Staff if removed by guest at lunchtime of to go to toilet. • Senior Staff to inspect course at start of season followed by monthly checks or if an element has been changed. Continuous inspection (course and equipment) should be undertaken by all staff. • AA Staff to be stationed at specific 'black spots'*** as identified by Senior Staff. AA Staff to rotate to avoid boredom. • Courses only opened for guests when Lead Instructor decides it is appropriate. AA Staff member to be positioned at start point. Guests do not have free reign to choose courses.

<p>Using Mechanical Equipment</p> <p>Specific dangers:</p> <ul style="list-style-type: none"> • Trapping fingers / hair clothing in pulleys or other moving parts (Zip Wires). • Burning hands on cables when holding cable to slow down (Zip Wires). • Getting head trapped between 2 'lanyards' of CLiC-iT self-protection equipment. • Repeated twisting of CLiC-iT self-protection equipment causes it to stop working and guest to become unable to move. 	Med	All	<ul style="list-style-type: none"> • All guests to receive safety briefing / introduction to equipment used and practice techniques on 'ground level course'. • AA Staff only allow guests to progress to main courses when they are satisfied guest understands equipment usage and techniques for moving around course. • Continuous monitoring by AA Staff to ensure guests continue to use best practice techniques throughout session. • Guests and AA Staff with long hair required to tie hair back.
<p>General Public</p> <p>Specific Dangers:</p> <ul style="list-style-type: none"> • Physical / Verbal Abuse. • Abduction 	Low	Guests	<ul style="list-style-type: none"> • AA Staff to be aware of other people using the course and to provide a visible presence around the course. • AA Staff to carry out regular head counts throughout the day. • Guests told to stay with a minimum of 1 other person at all times. • AA Staff to attempt to de-escalate any potentially confrontational situation if safe to do so. • Lead instructor to be willing to finish activity early and remove all guests if any serious problems do arise.

* Information on the CLiC-iT self-protection system can be found here: <http://www.clic-it.eu/index.php>

** Rescue Specific Information

Rescues / removal of guest from course can only be carried out by AA Staff members who have been trained and assessed by the Senior Member of staff authorised to do so.

When performing a rescue / removal the simplest solution should always be sought and the following techniques used:

- If stuck on zip-wire guest performs self-rescue under guidance from AA Staff member. Guest reminded / coached to turn round and pull to nearest / easiest platform.
- If client unable to self-rescue AA Staff member to return guest to platform using simple rescue technique (push / pull or using rope tow methods).
- Advanced rescue technique to be used for removal from platform to ground using rope and Petzl I'D S with rope passing through sling and carabiner to move it away from platform.
- Guests hanging from wire on CLiC-iT self-protection system need to be lifted (rope / gri-gri stirrup system) until pulley can be attached to safety cable (advanced rescue technique). Guest can then be returned to platform to continue or be lowered back to ground.

AA Staff Members to ensure personal safety at all times while performing rescues.

***Black Spots

Black Spots are areas or elements on the courses where guests often have difficulty and need assistance. It is important that an AA Staff Member is positioned close to these to advise and help quickly.

Black Spots identified:

- Swing into cargo net on course 2.
- Short ladder climbs on course 2 & 3.
- Swing / zip-wire combination on course 3.
- Stirrups and wire loops on course 5.
- Tree climb on course 5.
- 1st zip-wire on course 6.

